

Baked Pears –courtesy of FareStart

Ingredients	50 Servings	100 Servings	For 25 Servings	Directions
Pears, fresh^s , whole	25 ea	50 ea	12 ½ ea	<div>1. Preheat oven at 400 F. Prepare water with lemon juice for step 2.</div> <div>2. Cut pears in half, core pears and place them in a pot or deep hotel pan filled with lemon juice water (to avoid oxidation/coloring).</div> <div>3. Place pears cut side down on sheet pans, sprinkle with sugar and cinnamon.</div> <div>4. Add water (just a light layer to avoid sticking to the pan), bake in the oven for 30 min or until fork-tender.</div> <div>❖ Serve one ½-pear.</div>
Lemon, juice	¾ cup	1 ½ cup	6 Tb	
Water	as needed			
Sugar, granulated, extra fine	7 ½ oz	15 oz	3 ¾ oz	
Cinnamon, ground	2 ¼ tsp	4 ½ tsp	1 1/8 tsp	

§WA product available

Approximate preparation time: 60 min. including baking time for 25 servings

Tips & Variations:

- When choosing pears for baking, if you like to keep the shape, choose Bosc or Anjou varieties. You would want to avoid Bartlett variety as it falls apart as you cook it (on the flip side, that means Bartlett works great for preserve or sauce!).
- Instead of adding a light layer of water upon baking, you can also use some non-stick spray or butter.



>> See more information about pears on the back <<

Baked Pears

Child Nutrition Program Food Components:

Each portion provides:

✓ ¼ cup fruit

Nutrients Per Serving:

Calories	55 kcal
% Calories from Fat	0 %
Total Fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrates	15 g
Dietary Fiber	2 g
Sugars	11 g
Protein	0 g
Vitamin A (0 IU)	0 %
Vitamin C (2.3 mg)	9 %
Calcium (13 mg)	1 %
Iron (0.1 mg)	< 1 %

- 👉 **Pears** are one of the few fruits that do NOT fully ripen on the tree; they are harvested when they are fully mature but before they are ripe. [ref: www.usapears.org]
- 👉 To speed ripening, keep pears out of the cooler, and leave an apple or a banana in the box of pears. After pears are ripe, place in the refrigerator or cooler (32°F) to slow further ripening. [ref: www.usapears.org]
- 👉 A variety of **local pears** are available in WA! They come in many shapes, sizes, and colors, each with a different flavor and texture profile – You can introduce to your students different kinds of pears to show the difference.

notes

